

Spring is coming

Spring is coming
Not too long to go
There will soon be daffodils
Peeping through the snow

Brighter days ahead
Playing in the park
Biking up to Haddo
When it's no longer dark

Sunny summer days
BBQ's and ice-cream
Swimming in the sea
And a whole lot of sunscreen

Just around the corner
Brighter times ahead
I can't wait for spring time
I will jump out of my bed

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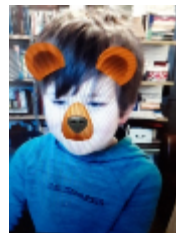
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Hello everyone

Welcome to this online edition of the March 2021 TBC newsletter. Under present Covid-19 health/safety circumstances, we can't unfortunately print and deliver as usual, but hope you'll take the time to read it in a different way.

All going well, our youngest age groups of village children will be back at school/nursery on Monday 22 February for more than the standard practice of education. There are old friendships to renew and new friendships to create, games times, assembly times, break times and school lunch hour, all of which provide the time to redevelop what they have missed over the periods of lockdown. We as adults, know what it feels like to maintain our friendships through phone calls, WhatsApp, Zoom and the ultimate 'write a letter to a friend'. Children are sociable little souls, if there is someone in the playpark they'll play together, and only at the end of playtime will they find out each other's names. It's been a pleasure to be out in the village and see children making the most of daylight and playtime – and a well done to the parents for taking them and waiting in the frequently cold days just so they could be outside burning off unspent energy.

I have 2 grandsons who live in the East Midlands and both miss school and friendships hugely. My contact with them is via Royal Mail and Zoom – now this is where children's IT skills show me up. A Zoom hello is decorated with animal ears and noses, or a pirate hat plus the single eye patch, and no serious conversation is ever had with a dancing bear in the foreground.



However, behind the scenes teachers have been working hard to maintain classroom learning in a home setting, and we have a selection of thoughts from Tarves schoolchildren. Thank you to both school and parents for encouraging them to submit to the TBC and it's a privilege being able to include them today. The front cover with Fergus' words is a reminder that there are 'brighter times ahead', so when these brighter days do come around, there is also a personalised Tarves Trails feature giving you local walking routes and a clear reminder that:

'We are so lucky to have these great walks on our doorsteps. Go and explore!'

There are a few other features in the TBC this time, offering links and phone numbers to various agencies that offer help after the difficult times we have had. Aberdeenshire Council are offering online Power Tools workshops on learning, personal growth and mental health and wellbeing. Another course of 'Realising your potential' is on offer for Spring 2021. NHS Grampian have a Psychological Resilience Hub with contact details on how they can help both adults and children. I am waiting on a supply of leaflets from Aberdeenshire Council on various forms of help and general information within the Formartine area; these will go in the Spar and Pharmacy.

Tarves Heritage keep copies of all TBCs ever published and this one will be added to the box of 'Tarves History', so in years ahead locals and visitors alike can reflect on how our Parish managed during this last year and for the rest of this year too. Stay well everyone – with best wishes to all families and teachers.

Ruth
TBC Editor



The Manse
Tarves
E-mail aswindells@churchofscotland.org.uk
Tel 01651 851295

Dear Friends

This has been a hard winter for everyone with another lockdown on top of the snow and ice. The church buildings are closed again for everything except funerals, and even these services are subject to tight restrictions. We have no indication of when the buildings might open again, but we continue our weekly services of worship on Zoom at 10.00am on a Sunday. This is made possible thanks to an amazing team of people, who generously offer their musical, creative and technical gifts so generously. If you have not tried it yet, why not join us some Sunday? You can join on-line or by telephone and we will talk you through the technology – please e-mail or telephone me or any of the elders for the link/phone number. We can even organise a practice run of a Zoom meeting if that would be helpful.

Children and families might like to know that we are publishing a weekly Story, Activity and Simple Craft on our Messy Church Facebook page. If you would like a box of craft materials to help with these, we are happy to supply this – just get in touch through the Facebook page or contact me directly.

We continue to be involved with the local care for the community project in Tarves. Thanks to all those who continue to contribute so generously to this work and to the local shops for continuing to act as collection points.

As some of you will be aware changes of a radical nature are taking place in the Church of Scotland at present. Over the next 5 years many ministers will reach retirement and fewer people have been entering ministry to replace them. As a result, consultation has been carried out with local Kirk Sessions to try and find new ways of ensuring that despite this reduction in ministers, local worshipping and witnessing communities can continue, and indeed, we would hope and pray, grow.

Recently our local Presbytery of Gordon produced a draft plan which envisages teams of ministers working together to cover groups of congregations and parishes throughout Presbytery. The proposed grouping for our area is Barthol Chapel, Tarves, Methlick and Udney Pitmedden. Exactly how the different groupings in Presbytery will work in practice will vary from place to place as the

local congregations get to know one another and learn to share their different gifts and talents, as well as their ministers.

As congregations we have all been working together for some time on the Formartine Youth Project. However, we do look forward to working more closely with our neighbours in the future. You will see that we are planning a new united initiative at Easter with a series of short evening services on Zoom throughout Holy Week to which all are welcome. The link will be available from myself or any of the elders nearer the time.

Once again, thank you all for your continued support throughout this difficult and challenging time.

Warmest wishes

Alison I Swindells

Parish Minister

Celebrating Easter together in Barthol Chapel and Tarves

Palm Sunday 28 March 2021

All Age Worship on Zoom 9.45 for
10.00am

Journeying through Holy Week

Monday 29 March – Friday 2 April

Series of United Services with friends
from Methlick and Udney Pitmedden on
Zoom 7.00pm.

Communion will be celebrated on
Maundy Thursday.

Easter Sunday Celebration

Sunday 4 April

All Age Worship on Zoom 9.45 for
10.00am with Communion





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Tribute to Harry Bichard

Dr Harry Thomas Alfred Bichard was a loving husband to Susanna, a father to George, a Pop to grandson Stanley, and a friend to many within the local community. Often recognisable by his Breton Cap, Harry was understated but always a gentleman. Originally hailing from Dundee, a career in the RAF, an accomplished musician, and as a teacher brought Harry around the world and the UK, before he eventually settled back in Scotland.

He liked to use his time well, approaching tasks with thoughtfulness and consideration. Be it his music; his stained glass making, which has found a home in many locations around the world; his delicious cappuccinos; or his equally delicious cooking.

Harry possessed a genuine curiosity and interest in the world around him. He never lost his drive to bring out the best in others, particularly young people. Whether in his teacher guise or not, those lucky enough to become his “pal” could expect a non-judgmental ear, patience, and some wise words or a humorous anecdote.

It was around the age of 13 that I first met Harry. Armed with a turquoise saxophone, something he never stopped poking fun at, he gave me my first lessons. In all honesty, I was not the most studious of saxophonists. Yet he always knew when to encourage and when to listen. Over the last twenty years, long after I last gave my saxophone a toot, that is what he continued to do. I suspect Harry’s compassion had a long-lasting impact on those he befriended throughout his life. So, on behalf of all your pals Harry, a heartfelt thank you.

Rest well.

by Dr Alasdair Ross, Tarves/Cork



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The Hut

Under normal circumstances, The Hut Youth Project (situated behind the Primary School) meet Monday evenings 7-9pm for local youth aged 12-25. Unfortunately, like everyone else, Covid continues to disrupt our plans, but with lighter evenings coming and spring in the air we hope to be able to resume our catch ups outside with our young people after Easter. Keep an eye on our Facebook page for updates.

We were delighted to still be able to support Trussell Trust with our annual village collection for Aberdeenshire North Foodbank in December. Our young people did an incredible job of organising this and spent two evenings in the cold and dark



distributing leaflets and then collecting the donations. We were blown away by the everyone's generosity this year and smashed previous totals by collecting an incredible 447.45kg of donations. Thank you to everyone who was able to support this very worthwhile cause, it continues to be very challenging times for many people.

If any young people are in need of a chat don't forget the Youth work team are available at Meldrum Academy. Drop in at any time or email: Tracey.christie@aberdeenshire.gov.uk.

We are also teamed up with Tarves Parish Church to support the Scottish Government's campaign to provide free sanitary products to young people attending school, colleges and universities to support equality and dignity and ensure lack of access to these products does not impact on an individual's ability to full participate in education at all levels. During these unprecedented times we are making sure sanitary products can be accessed as easily as possible. Please email Huthelp2020@outlook.com for confidential support and to arrange contactless collection.

Stay Safe

Please like and follow our Facebook page to keep updated on what we are getting up to: **The Hut Youth Project Tarves.**



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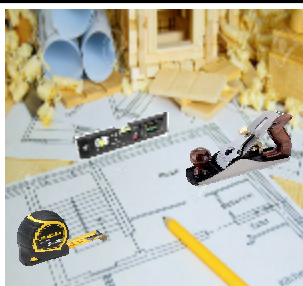
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News from the Square



You will have noticed that I am still on my holidays but I hopefully will be back amongst you soon. My trusty plough has been refurbished and will back in place as soon as the better weather comes, so will see you all then.

There's not much that I can report on but I heard that the Village lights were once again spectacular and behalf of everyone I would like to thank all involved in erecting them. I also heard that there has been a lot of snow and I am so glad that I wasn't here and having to stand in it.

But Spring is on its way, snowdrops are blooming and daffodil & tulip bulbs are peeping through - isn't nature wonderful. We also recently got good news that we will be getting our usual summer bedding plants from the Council so hopefully, once they are planted, the village

square will be colourful and inviting for everyone. In the meantime take care & stay safe.

The Tarves Plooman

Barthol Chapel Kirk News

Farewell to Peter and Jennie Chalmers

We wish to take the opportunity to say farewell to Jennie and Peter Chalmers who moved down to Edinburgh in January. They have both been at the centre of spiritual and social life here for about 30 years and they will be greatly missed. Peter for his practical knowledge as Property Convener, his dedication to church life and his pastoral duties as an Elder. Jennie, as Clerk to the Board for many years, her spirited contributions to the music group and boundless energy galvanising the community into action with our Building Project scheme. She has organised our volunteers to create a very successful monthly cafe and helped with catering for countless functions (mulled wine at Christmas a speciality!) They both have a sense of the dramatic; taking on readings and play scripts with aplomb and authority. We thank you both for sharing your many talents with us, wish you the very best in your new life and hope that you'll pop back north to see us before long.

I'd also like to thank Peter for his time collecting and co-ordinating the 150 TBC copies for the Barthol Chapel area. The new co-ordinator is Peter Skinner and we welcome him to the team.

Ruth

TBC Editor

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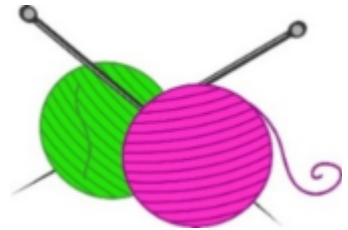
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www.tolquhon-gallery.co.uk

Hello to our Parish knitters

Donations of knitting continue in these early months of 2021 – thank you all so much for your time and giving lockdown a purpose for the good.

We were able to share knitting through December 2020, before the lockdown prevented further deliveries. Woodend Hospital were delighted with a big box of 20 blankets and these would be shared between Orthopaedics, Neurology and Ortho Rehab wards.



The Labour Ward in ARI sent their thanks with the message below for the donations in November/December 2020:


These are going to be handed out as Christmas gifts to all the babies born over the festive period. Every new-born is given a gift to take home and parents are always very appreciative of the efforts made by our kind volunteers.

Early January 2021, 5 large bags of assorted baby knitting went across to Gemma at Ardlethen Quarry in Ellon. She co-ordinates the knitting for the Special Care Baby Unit in Aberdeen, plus other maternity units in NHS Grampian and they will all benefit from dozens of baby bonnets, lovely baby blankets and little cardigans with matching hats.

New babies born in Tarves are also given gifts from the knitting collection, the knitters were so pleased that these babies had their very own 'Tarves Knitters' contribution and this plan will continue throughout the remainder of this year.

Aberdeenshire Council/Libraries service [Cosie Bosie Appeal](#) has stopped due to the present lockdown. However, it has been very successful and hopefully will pick up again in the autumn/winter of 2021. Knitters from the village/parish and wider donated many teddies, blankets, and hats/scarves for both children and adults. Below is an excerpt from an email from the Cosie Bosie scheme with a thank you:

Thank you very much to you and the Tarves Knitters for the lovely blankets, hats, and scarves that you send us. I am always excited to open the bags and see what's inside prior to individually wrapping and forwarding the items to one of the local groups. They are very appreciative of the knitters' community generosity.

A black and white photograph showing a construction site. In the foreground, there's a close-up of a hydraulic hose and connector. In the background, a tractor is pulling a trailer, and an excavator is visible further back.

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We have some 'fish and chip' jumpers and hats to be boxed for overseas, plus some little skirts for very young/early school age girls.

Knitting can be handed to Jessie at Hanover, or I can collect via arrangement – please email me at tbc.editor@btinternet.com. Every piece of knitting means a personal gift from the knitters to these babies/children/adults – donated with a smile and welcomed in the same way.

Best wishes to you all.

Ruth, on behalf of Tarves Church



Barthol Chapel Scottish Women's Institute

2021 offers hope after the doom and gloom of last year. Although, just when our members were making good progress on their CCTT (Country comes to town) exhibits, we learn that the event has been cancelled for 2021. This is only one of many events cancelled through Covid 19 dangers.

However, our December meeting was a very successful Christmas event as far as Zoom meetings can go. We showed off our liqueur truffles and our favourite decoration. There was quite a selection of tinsel and knitted items and these were admired by all.

We had two quizzes with Christmas themes with some quite challenging questions. We also had a very humorous Scottish poem recited by our host Jennifer Leys. We did try to play Christmas music in the background but unfortunately, the volume was not quite good enough.

In January we celebrated Burns night with our attempts at shortbread, including finger, rounds, and petticoat tails. They looked lovely but of course we could not taste the evidence. Our other competition was a tartan pincushion and among those on show was a black Scottie dog with a tartan collar, another was a Loch Ness monster.

Time is catching up. We celebrate our 90th anniversary in June and we intend to use a member's garden as the venue – subject to Covid restrictions.

All in all, zoom meetings are working for us as an alternative for the short term. Hopefully this summer will see a return to normal face to face meetings.

If you are interested in the SWI please contact:

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Appeal for Nkhoma Hospital – March/April 2021

Many of you will be familiar with Nkhoma Hospital through all the knitting sent from this Parish over the past few years. We have just heard that the hospital is facing a desperate situation with the Covid-19 pandemic.

Prior to Christmas the country was seeing an average of 0-3 cases per day. On 20 January there were 1,000 cases just on that day. Two cabinet ministers have died of Covid over the past 2 weeks. The country is overwhelmed and is without adequate equipment, medications, or oxygen. The anti-viral treatments and the vaccines available here in the USA or UK, are not available at all in Malawi. Nkhoma is facing great difficulty in affording and obtaining what is available.

The staff are stressed and overwhelmed. Even when funds are available, sourcing the supplies and oxygen is difficult as the demand is outstripping the supply, especially with oxygen. Ventilators are not an option as there are probably less than 20, if that, country wide, and none at Nkhoma.

Please consider donating to this appeal throughout March/April 2021. Donations can be made in any of two ways:

- Cheques payable to “Presbytery of Gordon”, with “Nkhoma Appeal” written on the back, and sent to Mr W Paterson, Presbytery Treasurer, Ceardach, Whiteford Road, Pitcaple, Inverurie, AB51 5EB
- Online donations to: Presbytery of Gordon Sort Code: 83-28-40
Acc. No: 00237527

We have asked for feedback from Nkhoma so if we get any photographs/news, we'll include this in the June 2021 TBC.

Thank you so much.

Tarves Church on behalf of Gordon Presbytery.

Care for the Community Foodbank

We will continue to help households in the village for some time ahead, so please continue to support this initiative by handing in donations to both the Spar and the Pharmacy in Tarves. It is much appreciated and makes a big difference to us in preparing parcels to distribute.

Thank you for your kindness.

Ruth

Tarves Church

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Elizabeth Ann Ross

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Barthol Chapel Community Association News

On behalf of the BCCA we would like to thank everyone who came to our online AGM. It was very heartening to have so much support and we gave a big thank you to our outgoing committee members for their hard work. We are pleased to say that we have a full complement of office bearers and a good number who have volunteered to come on to the committee as community members- so we are in good shape.

Our new treasurer has set to work immediately, getting funds from Aberdeenshire Council to set up a business account with zoom for our meetings for the foreseeable future.

We followed the AGM with an Ordinary meeting and as we can't organise any physical events yet with any certainty, the main topic was the local internet speeds!

In February, we re-ran a survey to see if internet connectivity has improved since the last survey in 2014. Overall, average download speeds have improved to 10 Mbps from 1.3 Mbps. This increase is driven by the use of 4G which now accounts for 47% of all connections, with an average download speed of 19 Mbps. If you want to use 4G, try EE as speeds are a lot better than other providers; however it depends on getting an EE signal at your house. When looking at traditional broadband speeds alone, there is a marginal increase to 1.6 Mbps (up from 1.3 Mbps) which is still very poor in today's connected economy (and recent work / study from home requirements) and a long way from the Scottish Government's R100 target."

We also had a report from Doug and Stephen about their progress with setting up a Community Fibre Partnership with Openreach. Last year, 35 properties responded and registered an interest in the scheme. Openreach can only work with one exchange and the majority are on the Methlick exchange, so this is the one they are happy to progress with. The cost of bringing fibre into people's houses would be shared between Openreach and the community. There are various grants that should cover the costs. There are still more properties in the area that could benefit from the scheme and when more detailed surveys and costs have been confirmed, further work will be done to encourage more people in the area to register.

The state of the surfaces of local roads was also discussed and a suggestion made by Paul Johnston to go to either Aberdeenshire Council's website or Fix my Street [FixMyStreet](#) to register any repairs needed.

We encourage everyone in the area to join our Facebook group <https://www.facebook.com/groups/BartholChapel/> and also to look on the Barthol Chapel website to keep up to date with news. <https://www.bartholchapel.com/>

The next meeting will be on the 15th April at 7.30pm.

Please get in touch if you would like to join our mailing list for events and meetings or if you have any other local queries.

Chairperson Jonathan Boughey bccachair@bartholchapel.com

Secretaries F Mathers and K Williams bccasecretary@bartholchapel.com

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Tarves Playgroup

After an amazing start to our term in October, we once again found ourselves in lockdown prior to Christmas. With the snow now melting and snowdrops appearing in our garden, hopefully it's a positive sign of new beginnings and that we will be able to reopen on February 22nd ... fingers crossed.

Our fundraising team have been busy during lockdown and currently compiling a recipe book with all your favourite recipes and pictures. We would like to thank all the local businesses who have supported Playgroup by advertising and contributing towards the cost of producing the book.

Our January fundraiser "100 Squares" for a Valentines set meal for 2 from Eat on The Green raised £125.00. Well done team and thanks to all who bought squares.

Sally, our Team Manager, has been keeping in touch with all our children by reading stories from their favourite books online. Hopefully story time will all be for real soon. Our children are busy posting pictures of their daily activities to our FB page. Building snowmen and feeding sheep digestives appear to be the favourite ones.

We are in partnership with the local authority to provide funded preschool education for children from three to five years. and also have funded places for eligible two-year olds. If you would like more information on joining the group please email Lois at tarvessecretary@outlook.com

We have had lots of enquiries regarding placements. We now have a waiting list for a few of our days. We are also recruiting relief staff, so if you would like to join our lovely team please email tarvessecretary@outlook.com for more info.

Loretta has been our Co-Chair for what seems like years. Her children have flown from Playgroup and currently at nursery and school. We are ever so grateful for her guidance and expertise in Early Years matters towards all the team at playgroup, but this stage of her family life has now passed and we need to let her go. Her time at Playgroup has now finished and on that note, we desperately need a Co-Chair to work alongside me. We are almost halfway through the term and to date I have really enjoyed working with our Committee. We need YOU so please email tarvesplaygroupchair@outlook.com

A huge big thanks to our staff for all the hard work setting up and creating our "new" environment in such difficult times. We are so fortunate to have our setting and with the additional garden makeover, I think we have the most awesome Playgroup ever

Regards

Carol Middleton and Loretta Ross

Co-Chairs



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Our Values

- **Confidentiality** – ensuring our clients' situation is dealt with in strictest confidence and that we adhere fully to the principles of Data Protection.
- **Compassion** – having sympathetic concern for the wellbeing of others.
- **Professionalism** – working in a manner that is informed and competent.
- **Respect** – treating each other with dignity and due regard for each other's situation, values and opinions.
- **Integrity** – being authentic, honest and of good character in all that we do.

Aims - To achieve this mission we aim to;

- act in a caring, encouraging and non-judgmental manner.
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- support clients to rebuild confidence and look towards the future with a more positive frame of mind in which our clients can manage their own finances well.

Structure - Single tiered SCIO, OSCR registration SCO44705 Feb 2014, FCA registration 626268.

Website - Our website has been created and can be viewed at

www.ditchdebtwithdignity.com email: advice@ditchdebtwithdignity.com

- help our clients to implement a manageable debt repayment program, or work through tailored solution specific to their personal situation.
- support clients to rebuild confidence and look towards the future with a more positive frame of mind in which our clients can manage their own finances well.

Structure - Single tiered SCIO, OSCR registration SCO44705 Feb 2014, FCA registration 626268.

The problem : there is a section of society who are in financial crisis but will not seek help because they are ashamed, don't think they deserve help and believe they should know better. They often look financially stable to the outside world, their family, friends, colleagues and in some cases even their partners. Due to their guilt, shame, and fear of judgement they feel no organisation will help them. This can cause emotional and relationship breakdown which can lead to a loss of earnings due to the stress of trying to manage a financial crisis alone. In extreme cases this can lead to suicidal thoughts especially men, who are more likely to look at the situation on facts, removing emotion believing (wrongly) that their family will be financially better off without them as their life assurance is higher than the debts outstanding.

Men, Money & Suicide, articles relating to this

<https://www.samaritans.org/scotland/about-samaritans/research-policy/suicide-facts-and-figures/>

<https://globalnews.ca/news/3550896/the-pressure-on-men-to-be-providers-is-one-reason-they-have-much-higher-suicide-rates/>

The solution: is to provide free, non-judgemental, discreet, professional, personal advice, education, and support. Guiding clients through the “Money Magic” process, establishing a healthy financial foundation, putting in place a plan to repay their debts, budget well and have savings for the future.

The People & Culture

We;

- create an environment where clients, volunteers and employees are encouraged and enabled to realise their potential.
- assist our clients, volunteers, and employees to take responsibility for their own learning and development, both through formal and informal training opportunities and ongoing assessment.
- are developing an organisational culture in which individuals learn from any mistakes made and where excellence and innovation are encouraged and rewarded.
- abide by the requirements of employment law in the UK and implementing best employment practices and procedures designed to maintain our distinctive ethos and values.
- implement a management structure, which fosters and encourages participation by staff at all levels to facilitate the fulfilment of the project's goals and visions.
- set and review measurable and timed outcomes, and regularly to evaluate and monitor our management structure and output, recognising the need for ongoing organisational flexibility, development, and good stewardship of resources.
- do all we can to ensure that we are not over-dependent on any one source of funding.
- implement best practice procedures to protect our staff, volunteers, and clients. handle our funding in a transparent and accountable way to give relevant people from outside our organisation/project reasonable access to our accounts.

Tarves Primary School

My time in Tarves during Lockdown 2020-21

by Lucy Holland

We all find lockdown hard, but I have tried to make the most of it.

We needed to go into lockdown to stay safe and protect ourselves and our loved ones.

I love my family and friends, so I know its important to follow the rules to stay safe to protect them and everyone in Tarves.

I have been able to go outdoors on lots of walks with my dog Molly, she loves being outside and has actually really liked lockdown I think as she has got to see me every day, normally she would have had to spend time on her own when I was at school and my parents were working.

I have got to spend more time with my family, my mum, dad and brother because they have been working at home too. We have liked this as we have had more time to do other things like walking, cycling, baking, cooking, reading and watching tv!

I do enjoy working at home, but I miss all my friends and life at school. I love my school, Tarves Primary. It has been hard to not go there and see my classmates and teachers. I like working more at school with my friends as they can help me and so can my teachers.

At home I can have different breaktimes in my day for example before lunch I always go on a refreshing walk with my dog Molly just to clear my head and then get ready to go back to work in the afternoon, I don't do this when I am at school.

I also enjoy playing outside when the weather is either sunny or snowy, I can choose what time to go out when we are in lockdown which is great. Just this week I was in my front garden and going sledging with my friends and we were going down big hills covered in snow. It was good fun!

I keep myself busy with drawing, dancing in my bedroom, crafting and making things and watching tv after I do my schoolwork. I have felt bored sometimes and I do miss going to places such as The Murly Tuck and Formartines for a nice cake and drink.

I hope we get through lockdown as I am now really missing seeing my family that live away from me, I haven't seen my grandparents in a long while and I miss them and my cousins.

I have been proud of everyone in Tarves I know for staying safe, wearing face masks in the shop and sticking to the rules. I like living here lots.

Lockdown Poem - by Maisy Mackay

Lockdown, Lockdown when will you end
Lockdown, Lockdown I want to see my friends
Lockdown, Lockdown your always on the news
Lockdown, Lockdown you're giving me the blues

Uno, walks, sleep, eat, repeat
Every day is the same!
Home schooling, patience running thin
I am sick of this, hurry up Vaccine
We can't ignore it - FACTS
F- is for face coverings
A- avoid crowded areas
C- cleaning all surfaces
T- two-metre distancing
S- self isolate if you feel ill
I even hear it in my sleep!

Vaccine, Vaccine roll-out fast
Vaccine, Vaccine let's put this in the past
Vaccine, Vaccine roll up our sleeve, AND let's all hope that COVID leaves!

Tarves Trails

I have been enjoying walking my new puppy Skye around Tarves. There are so many trails in every direction. Here are a few of my favourite routes to explore:-

From the Square:-

1. **The Prop of Ythsie** - 4.2 miles round trip - 1 hr 30 minutes, walk up the 92 steps and take in the amazing view.
2. **Tolquhon Castle** - walk along Old Aberdeen Road and through the woods to Tolquhon Castle, a picturesque ruin. 4.7 miles - 1.5 hours.
3. **Haddo House** - walk up Tree Road and head over the hill into Haddo. We haven't done this walk yet but have done it on bikes - 8 miles, a few hours!
4. **Den Wood**, Barthol Chapel - 3.5 km woodland walk. A new one to us but we loved it.
5. **Formartine's** - quick walk through the woods, over the bridge and around the lake. 30 minutes - 1 mile.
6. **Loop of Tarves** - go in any direction for any length of time, any time of the day!.

We are so lucky to have these great walks on our doorstep Go and explore!



Freya Grove-White P7



9/2/21



Dear TBC reader,

I didn't expect to be back in lockdown and back to home schooling again! It's ok though, as it keeps everyone healthy and safe, but I do prefer to be at school as I miss the school and my friends.

Like last time, I have done alot of baking, my gymnastics classes are back on zoom and I have done alot of walks with my family, but much colder walks this time!! I was so happy to see some snow this week, I have had great fun sledding and building snow creations.

Hopefully it won't be too long until we can all get back to normal and I can enjoy my last few months of P7 at Tarves Primary School.

Stay safe everyone.

Naomi P7.



My name is **Eva Brown**, I am 11 years old and I attend Tarves Primary School in P 7. I have kinda enjoyed lockdown as we get to now do Google meets with the class, but it isn't the same as being in school in person. For the past few days with the snow it has been extremely fun, going sledging, building igloos and making snow men. It has definitely brightened up the mood. Lockdown can be hard as I am an only child outside the village so I can't always come out to play and I have don't have anyone to play with at home. Things can be hard but we are all in this together and things will be back soon.

News from Tarves Heritage Centre

Hope you've enjoyed a plate of haggis, neeps and tatties for your Burns supper at home. Tarves Heritage should have had our Burns supper which was one of the big fundraisers, but hopefully we'll get back again next year.

A wee update for you on what's happening behind the scenes, even though there's no sign of life at the Heritage.

Our Audio-Visual sub-committee, Ian, Liz, Danny and Jane, has been very busy getting quotes from various companies and even managing to host some Zoom meetings, which have been frustrating, hilarious and definitely worth remembering for future stories about Lockdown 2020/2021.

We have realised that our aim was very high, but have managed to narrow it down a bit by speaking with the experts. We will keep you updated on this project as it moves forward to the next stage.

If anyone has been on the Community Facebook page, they will have seen that the Old Inn on Old Aberdeen Road has been uncovered and many things found, including a plaque. This has been given to the Heritage for safekeeping from the owner, and there has been lots of interest in where it was originally from. We are also in touch with the Tolquhon Castle custodian who is very keen to collaborate with us.

A big thank you to Liz who is keeping our Facebook page up to date, and finding lots of intriguing newspaper articles to encourage people to comment.

Lindsay has produced a superb piece on Duthie's of Tarves which will be sent out at a later date.

Remember that we are still looking for a new Chairperson and Treasurer to take the Heritage forward. I'd like to take this opportunity to thank Norman and Richard for all their hard work over the years. We are also looking for some younger people who have IT knowledge, and might be keen to assist us with new technology when it's installed.

Under current guidelines, at the moment, we will not be able to open the Heritage Centre, but we keep our fingers crossed that things will change in the near future and we can welcome you all back.

In the meantime, we still have our 100-Club which is starting a new year, so if you fancy joining it's £12 per person and we have 3 draws per year with the chance to win up to £100. Please contact a member of Tarves Heritage for further details.



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Hello my name is **Rhea Mathur** and I go to Tarves Primary School and due to the pandemic we are now in a 2nd lockdown it has been very different to the 1st lockdown and is a lot easier. Since we have the tests and vaccines it isn't so bad and we also are allowed to do google meets which really helps and we can interact with my classmates and our teacher can help us through calls instead of chat. Whereas in the 1st it wasn't as easy because we didn't have google meets and the tests weren't done. But fingers crossed schools open up and covid improves!

Tarves School Parent Teacher Association update

Communication over the lockdown has been mainly through the PTA Facebook page. All parents /carers of children currently attending Tarves School are welcome to join.

We use Zoom to go through School council issues and PTA fundraising ideas. It has also been a great way for Mrs Conn to communicate to the group about school and council issues – especially now during the COVID-19 pandemic. There is always the ability to ask or highlight to Mrs Conn anything issues or concerns that you or child may have.

We will always welcome more parents/carers to join the PTA, especially when we see Primary 7 leave for Meldrum Academy and new children coming to Tarves School for the first time. It's not a major commitment and the more people that are involved, the less work each individual has to do to help.

The School PTA have always relied on the generosity of the village folk during various fundraising activities. All going well when the pandemic ends, we will arrange a celebration of some description which we hope you will be able to join us in. But until that time, we hope that everyone takes care of themselves and each other during these difficult times.

The School Council and PTA team would like to pass on our thanks to everyone who is connected to the school. From keeping it fully operational, and open for children of key workers, to making the remote learning such a success – especially in these strange times. Everyone's hard work is truly appreciated.

Liam McKinney, PTA Chair

Latest Tarves Heritage Project 100-Club Draw - 12th February 2021

£100 – No 187

£50 – Nos 156 + 165

£25 – Nos 126, 175, 203, 101

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Ellon and District Men's Shed – March 2021

Our Shed, with covid-19 risk assessment and control measures in place, was open to members on a six at a time rota basis until it closed for the festive holidays on Thursday 17th December. Re opening after the holidays was planned for Monday 11th of January but the tier 4 restrictions that came into force on Boxing Day meant that the Shed had to stay closed.

The Shed open period up to Christmas was beneficial to the men and useful to achieve maintenance and charitable work tasks.

It also allowed the trustees to look towards the future of the Shed and plan for additional activity areas for the members. This is now in the Shed 2021 plan.

The Shed trustees enjoy supporting Ellon Castle Gardens and had a Shed promotion table at the garden's open day on 28th November to celebrate National Tree Week. The weather was fine all day and Christmas reindeer made by Shed members sold well. Also, the prize in the largest tree girth competition was a wooden ornament produced by the Shed members.

During lockdown periods we have communicated to members by phone, email and website, while conducting the Shed AGM and trustee meetings on zoom. Photographs of items made at home by the members circulated on Whatsapp along with the occasional rude joke. It does take a little while to be totally comfortable with modern technology but all are getting there.

We are pleased to report that our Shed will survive the pandemic and go on to improving men's wellbeing in the community.

We would like to thank the Scottish Government for their resilience grant and the Robertson Trust operational funding that has ensured our survival.

We would also like to thank Formartine Rural Partnership, the Stafford Trust and the Co op Local Community Fund for their patience following their funding awards to the shed as the planned activities have been delayed or stopped largely because of Covid-19. We aim to move forward with these projects with a clear forward plan by the end of March.

Getting back to normality is our dream and with vaccinations ongoing and with most of our members being of retired age, we should all have had our jab by the time you read this.

When back to normality the Shed's financial income will again depend on the items made and sold, the quiz nights we run and the open days we have.

We have had terrific support in the past from the local community on all these funding streams and we will be hoping that the same support will come back.

Please follow our websites for Shed info <https://ellonmensshed.org/>
<http://ellonanddistrictmensshed.blogspot.co.uk> <https://www.facebook.com/ellon.shed>



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Tarves Development Trust (TDT)

Tarves Development Trust has been quietly working away during Covid. Our efforts have been in:

- Installation of the petanque court at the Old Tennis Court. This is available for anyone to play on. A Tarves petanque group is currently being set up, which will organise matches within Tarves and with neighbouring villages, such as Collieston and Oldmeldrum. Contact either Steve Adams on 0750 466 2111 or Sarah Whitman at sarah@delfinity.co.uk / 07984 620431 for further information.
- Securing funding for 5 pieces of outdoor exercise equipment at the Old Tennis Court, for both aerobic and strength exercises. We hope that installation will be by the end of March, Covid willing. Again, available for anyone to use, but it is not suitable for individuals under 1.4m high.

The Old Tennis Court is behind the bowling green on Duthie Road and can be accessed on foot either via School Lane or from the park on Braiklay Avenue.

The TDT has also been providing support to the Murly Tuck. We're looking forward to the lifting of restrictions, enabling the café to re-open. It is much missed.

We are holding our AGM on Tuesday 23rd March at 7.30 by Zoom. All members will be emailed the details. If you are not a member and would like to join either the meeting and/or the membership of the Development Trust, please contact the Secretary, Fiona Smith, at fiona.smith@tarves.org.uk or call on 851832.

We look forward to seeing our members on the 23rd.

A message from Tarves Community Council – Christmas lights

Thank you to all the volunteers who helped erect the Christmas lights. Also, a thank you to Haddo House and Stewart Durno for the loan of the fork lifts, we really couldn't manage without them. Thanks also for the wonderful comments about the lights from the general public, not only from the Tarves area but surrounding areas. The very generous donations received on the Just Giving page on Facebook, boxes in Duthie's shop and the Aberdeen Arms will enable us with the upkeep of the lights. Unfortunately, due to the current Covid situation, we have been unable to take the lights down. We hope Aberdeenshire Council and residents of Tarves understand that these measures were taken to protect the volunteers

Tarves Community Council



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1st Tarves Brownies



It wasn't quite the start to 2021 that we had hoped for, but Tarves Brownies continue to meet weekly via zoom and enjoy a variety of fun filled sessions thanks to the commitment and enthusiasm of our fantastic leadership team and amazing support from our Brownies and their families. Our theme for this term has been 'Feel Good' and at a time when our wellbeing is so important the girls have explored lots of different ways to look after their mental and physical health.

Monday February 22nd was World Thinking Day: a day celebrated as a day of international friendship annually since 1926 by members of the Guiding and Scout Associations worldwide. In recent years, Tarves Brownies have come together with guiding friends from Haddo district for a day of fun and challenging activities followed by a sleepover in the Youth Hall and special Thinking Day service at the kirk. Like many of our events over the past 12 months, they have had to go 'online' and we were delighted to be part of Girlguiding Scotland's biggest ever virtual event filled with fantastic activities and challenges to celebrate this special day.

We are hopeful that with the lighter evenings and milder spring weather we will be able to hold outdoor meetings after Easter. With evenings planned for exploring nature and practicing our survival skills with fire lighting, cooking, den building and map-reading skills.

1st Tarves Brownies (for girls aged 7-10) meet on a Wednesday evening 6.15-7.30pm at Tarves Primary School. Please email Tarvesbrownies@gmail.com for further information or check out <https://www.girlguiding.org.uk>

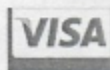
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


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The poem below was a winner in a recent competition run by Morrison's Supermarkets, Inverurie for Burns Day and reflects everything that we have been going through this past year. Well done Gareth.

Thank You

It's been a year of ups
and year of downs
With lots of hard times
Lots of frowns

A testing time
For young and old
When it's never been more important
To do as we are told

To follow the rules, wash your hands
Wear a mask on your face
Remember when out and about
Give each other some space

Who would have thought a year on
We'd still be hearing the news
Of lockdown new cases
Loved ones we did lose

All the while
I say thank you
To all essential workers
Doing what they do

At such a vital time
When we need you most
After all this is over
It's to you all I will toast.

Gareth Stein

Jane Thom Bequest

Mrs Jane Thom was born at Craigdam, she died in the 1930s and left a modest bequest which is now managed by a local committee. The terms of the trust state that funds were intended to be disbursed to persons of any age residing in the Parish of Tarves who may have a legitimate need and would otherwise find difficulty.

To date we have funded a wide variety of individuals and would encourage persons of any age to make an application if they feel they have a legitimate need. All approaches will be considered and dealt with in the strictest of confidence by the committee.

To apply contact Bob Davidson (Chairman) Tel 01651 851112
TCC.Chairman@tarves.org.uk or Julie Main gram.haddohv@nhs.scot alternatively by post or self-delivery marked private and confidential to Jane Thom Bequest, CC Post Box, Tarves Post Office, The Square, Tarves, Ellon, AB41 7GX.



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Tarves Football Club - March 2021 update

Like all other committees, it has been challenging times for Tarves Football Club but we have adapted very well and continue to move in the right direction considering the situation we are living in. The 2019/2020 football season ceased at the end of March 2020 and Tarves FC finished the season in 6th place (of the Premier Division) but amongst the mix for 3rd spot with both Echt and Woodside, clear of the rest of the league.



Once the season came to a halt, very little could be done until we could get clear guidance from the Scottish Government on when we could return to contact training and playing football matches again. So, WhatsApp and email have been the main forms of communication. Some dinosaurs still exist within the committee, so ZOOM / Windows Team were off limits.

During this time, the players decided to organise a 24-hr run with players / committee running for 30 or 1hr periods to see how far they could run over this period. The club raised a good amount of money so thanks to everyone who donated. The money went to upgrading both toilets within the pavilion. The main reason for this was to improve the appearance and easy to clean under the new Covid guidelines. Thanks to both Robbie Massie, Mike Beaton and Craig O' Donnell for their time and effort as they now look very professional. The club then spent money on wall hand sanitizers which were installed throughout the pavilion, and a sanitizer stand for outside, so players could use before entering the pavilion.

Training resumed at the start of August, and friendlies were allowed by the AAFA as competitive games were forbidden. The club has signed some very good players over the summer and that was indicated by the friendly results, even junior clubs were avoiding a friendly against the mighty Tarves. Once we moved into tier 3, all training sessions and friendlies ceased. A big thanks to all the management team and players involved as the COVID restrictions provide a few obstacles, especially when you must distribute strips in advance and arrive at matches fully stripped and leave immediately after the game. The club would like to thank Jim the groundsman, as a lot of good work goes into maintaining the hallow turf of Hillhead Park, and Brandon for moving the containers so the people of Hanover can now see some sexy football on display and some dodgy linesman decisions by Kenny the Bull.



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The club is currently selling Tarves FC scarves & hats. Unfortunately, they arrived after Christmas so not the top selling Christmas stocking filler, but it's nice to see people wearing them around Tarves during this cold snap.

There is uncertainty on whether the 2020/2021 season will ever start but the club is raring to go whichever season starts, and challenge the top within league and hopefully bring some silverware home so we can get that open top bus on the go. The club appreciates everyone's support / sponsors; hopefully we can see everyone again behind the white fence, getting a half-time pie and off down to the pub afterwards for a great pint of Tennent's and discuss the game – the simple things in life we all miss.

Paul Williams (Club Secretary)
07971571056
Tarves Football Club Committee



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- Any member of public from anywhere in Grampian or Orkney
- All staff from Health & Social Care Partnerships in Aberdeen, Aberdeenshire or Moray
- All NHS staff in Grampian who are not based in Acute covid wards at ARI (a separate service exists for them)
- All Scottish Ambulance Staff (SAS) from Grampian, Highland, Orkney, Shetland and Western Isles
- All Care Home staff, nursing home staff, community support staff, and home-carers
- All staff that work in the 3rd Sector or private care providers

You can self-refer in to the Hub and will receive up to three sessions of support based on the principles of psychological first aid. This can be seen here:

Section 2: The Seven Components of Psychological First Aid



The service is open 7 days a week from 8am to 8pm. A clinician will call you back on the phone or offer a virtual appointment within a few days of you contacting out Hub.

To access the Psychological Resilience Hub for information go to:

<https://covid19.nhsgrampian.org/mental-health-support/>

For anyone who may have difficulty accessing the Psychological Resilience Hub online, assistance can be provide by calling the following number:

Tel: 01224 550200 (Mon-Fri 8am-5pm)

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Power Tools

Power Tools is a suite of personal development learning modules

Power Tools support the understanding of how learning, personal growth and mental health and wellbeing are connected.

This consists of three building blocks:

- Think and reflect.
- Enquire and grow.
- Small steps of progress and change.

These lead to improved wellbeing and personal effectiveness.

We run online groups of 4 to 10 people, facilitated by Community Learning and Development Practitioners.

The sessions last approx. 1.5 hours.

In order to participate you will need either a laptop, computer, tablet or mobile phone which has a camera and microphone.

To find out more or book a session email adultlearning.cld@aberdeenshire.gov.uk



Community Learning and Development
Changing Lives Strengthening Communities

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Power Tools Workshops

Think Effectively and Discover Your Potential (Steps Taster)

An introduction to looking at some tools and theories for personal development, effective thinking and achieving more. A taster session for learners interested in taking part in STEPS personal development programme.

- Understanding self-talk and how positive self-talk is key to improving confidence.
- Recognise what holds us back from trying new things.
- Devise ways of creating new positive habits.

Express Yourself

Why expressing yourself is so important. Looking at techniques to boost your skills and confidence with expressing yourself.

- Understanding how we communicate.
- How to say what you want to say.
- Tools for positively expressing yourself.

Planning for Positive Change: Excuse Busting

We will look at habits and behaviours, taking responsibility and committing to yourself.

- Identifying personal habits and excuses and the barriers they present to progress and wellness.
- Recognising learning and progress as positive for personal growth and mental health and wellbeing.

Affirmations

Planning for positive change – develop your understanding of the theories behind affirmations and how to use them effectively to realise your potential.

- Using affirmations to improve confidence.
- Develop techniques for writing personal positive affirmations.
- Devise new habits for daily affirmation practice.

Mindfulness

Providing an introduction to mindfulness with some useful takeaway tools.

- Understanding what mindfulness is.
- Exploring why and how mindfulness practise can help.
- Experience some mindfulness techniques and explore what might work for you.

Moods and Mindsets

Differentiate between thoughts, feelings and behaviours, and how these affect each other. Exploring learning and tools to develop and practice a positive mindset and approach to life.

- Better understand where emotions come from and how they affect us.
- Begin to look at your personal mindset, and how this affects your mood and effectiveness/behaviour.
- Identify personal strategies for dealing with low moods and challenges.



Power Tools Workshops

Responsibility Overload

Looking at what to do and how to cope, if you feel like you never stop and the pressure of keeping everything going is getting too much.

- Exploring types of responsibilities.
- Understanding the different pressures for different stages and circumstances.
- Identify some techniques to reduce and manage the load.

Self-Belief and Self-Talk

What is self-talk and how does it affect our confidence and belief in ourselves? Understanding how to control self-talk with some useful takeaway tools.

- Explore three types of self-talk.
- Understand the self-talk cycle and how we can use it to our benefit.
- Using self-talk to help develop a positive self-belief system.

Who Are You? Self Identity

Exploring how Self-Identity is made up and examining some ways to develop personal identity that can benefit our lives.

- Understand the importance of personal identity and how it effects thoughts, behaviours and attitudes.
- Investigate different aspects that make up our personal identity.
- Explore areas of identity for self-development.

Plus ... other topics ... coming soon!

To find out more or book a session email

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TBC - Tarves & Barthol Chapel Quarterly Newsletter

Final copy dates for 2021 newsletters

Issue	1st reminder	2nd reminder	Final submission date
June 2021	Mon 3 May	Mon 10 May	Tues 18 May
September 2021	Mon 2 August	Mon 9 August	Tues 17 August
December 2021	Mon 1 November	Mon 8 November	Tues 16 November

Items for inclusion should include name/contact details and forwarded to Ruth Nisbet at tbc.editor@btinternet.com – thank you.

Thank you for using our newsletter to advertise your services/businesses.

Reader's comments, ideas & material are always welcome too - articles should be sent to me at the Editor's address above as per the final copy dates.. Please include your name, address and contact details. The Editor reserves the right to edit material to suit the space available.

We are in the process of identifying alternative printers for future newsletters, so advertising rates for 2021 will be announced in due course. Thank you.

Lentil Soup

Here is a simple Lentil Soup recipe which can easily be made by children with a little help from Dad or Mum.

Allergens - **Celery** (contained in Stock Cubes)

- Lentils - 150 grams or a cup (washed and drained)
- Mixed Vegetables - 250 grams - equivalent to 1 med carrot, 1 med potato, this can be a mix of turnip, carrots, potatoes & leeks - chopped (fresh or frozen)
- Onion - 1 medium sized – Diced
- Stock - 2 cubes - Vegetable, Chicken or Ham
- Water - 1 Litre or 2 pints
- Salt and pepper - to taste



Method

- 1.Put all the ingredients (vegetables, lentils, stock cubes and water) in a pan.
- 2.Bring to the boil, cover then simmer, stirring occasionally for approx. 45 minutes until lentils and vegetables are soft.
- 3.Season to taste.
- 4.Serve chunky or purée the soup using either a stick blender or a potato masher.
- 5.Serve with crusty bread or a cheese scone (see recipe below) for a filling lunch.

You can make many variations to this simple lentil soup by adding items like bacon, a touch of curry powder, parsley or other spices along with lots of other vegetables.

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